

# Chicken dish cooks up fast

Here's a microwave version of chicken cacciatore that takes just 25 minutes to cook.

## MICROWAVE CHICKEN CACCIA-TORE

One 2½-3-pound broiler-fryer chicken, cut up  
1 medium green pepper, seeded and chopped  
1 medium onion, sliced and separated into rings  
One 16-ounce can tomatoes, cut up  
One 6-ounce can tomato paste  
¼ cup dry red wine  
1 tablespoon quick-cooking tapioca  
2 bay leaves  
2 cloves garlic, minced  
¼ teaspoon dried basil, crushed  
¼ teaspoon fennel seed  
¼ teaspoon pepper  
Hot cooked spaghetti  
Parmesan cheese

Remove skin from chicken. If desired, Rinse and pat dry. Arrange

chicken pieces in a 3-quart casserole with meaty portions toward edges of dish. Add green pepper and onion. In a small mixing bowl combine undrained tomatoes, tomato paste, wine, tapioca, bay leaves, garlic, basil, fennel seed and pepper. Pour over chicken.

Cover and cook on 100 percent power (high) for 20 to 25 minutes or until chicken and vegetables are done, giving the dish a half-turn and stirring the mixture after 10 minutes. Remove chicken and bay leaves. Skim fat from sauce, if necessary. Serve chicken and sauce over spaghetti; sprinkle with cheese. Makes 6 servings.

Nutrition Information per serving: 224 cal., 28 g. pro., 13 g. carb., 7 g. fat, 71 mg. chol., 450 mg. sodium. U.S. RDA: 26 percent vit. A, 59 percent vit. C, 11 percent thiamine, 14 percent riboflavin, 45 percent niacin, 16 percent iron, 23 percent phosphorus.

# Hot soup good for spring

April is the month when everyone gets spring fever. Often, we are so glad to see the end of a long Michigan winter that we jump into spring too soon.

The very first fine day will find people out working in their yards and gardens, readying them for spring planting.

But, sad to say, it is still colder than we think it is and also very damp. We often pay for our eagerness with aching muscles and runny noses.

After working outdoors this time of year, nothing tastes as good as a cup of hot soup. In many countries, soup is a daily "must." There is always a kettle of steaming soup on the side of the stove.

I grew up in the days of big, black kitchie ranges, with dawning wood fires. These were ideal for simmering soup.

Soup never boils with a full rolling boil but, instead, simmers slowly for hours. It is this long, slow cooking process that brings out and blends the flavors of all the ingredients.

TODAY, THE WOOD range is gone. In its place, we have a clean, convenient and efficient replacement — the crockpot, or slow-cooker.

With one of these, you can start your soup before you go to bed and let it simmer all night, for lunch or Thermoses the next day. Or, start it in the morning and forget about it until you come home for supper.

If you need help adapting any recipe for use in your slow cooker, call me at 427-1072, and I'll be glad to help you.

The aroma of hot soup after a long day's work is soothing and healing to all of us.

Who can resist enjoying a beautiful soup? Certainly not Esau of bibl-



kitchen witch

Gundella

cal fame. He sold his birthright for a "mess of pottage," which scholars tell us was probably a red bean porridge.

Soups have lost none of their popularity since that time. Here are a few of my own favorite soup recipes.

## BROCCOLI AND MACARONI SOUP

To most Americans, the soup of Italy is minestrone, but many other good soups have originated there. One such soup is "Zuppa di Broccoli."

½ pound salt pork (or country-cut bacon or leftover, diced ham)  
1 tablespoon olive oil  
3 tablespoons tomato paste  
1 teaspoon salt  
3 cups broccoli flowerets (fresh or frozen)  
½ cup parmesan cheese  
1 clove garlic, minced  
6 cups water  
¼ teaspoon black pepper  
2 cups short or elbow macaroni

Brown salt pork (or substitute) in a saucepan. Add the oil, garlic, tomato paste, water, salt and pepper.

Bring to a boil and cook over low heat for 20 minutes. Add the broccoli, cover, and cook five minutes. Mix in the macaroni and cook 10 minutes longer. While very hot, top with parmesan cheese and serve.

## BABY LIMA BEAN SOUP

This soup was brought to my attention by a reader of this column. It

is served every Thursday at the Starlight Restaurant on Michigan Avenue in Detroit.

1 lb. dried baby lima beans (you may substitute any other dried bean)  
1 ham bone (optional) — I like to use it for the extra flavor  
8 cup or 2 liters water  
1 onion, minced  
4 tablespoons fresh chopped parsley  
¼ cup olive oil or vegetable oil  
salt and pepper to taste  
1 cup chopped celery  
1 cup diced carrots  
3 tablespoons tomato paste

Cover beans with water, and soak overnight. Drain, and rinse with cold water. Place in a large pot, and cover with the 8 cups of water.

Add the ham bone if you use one. Bring to a boil. Reduce heat, and simmer for two hours, or until beans are tender.

You may omit these first steps and start right here with canned lima beans, if you wish. Add the remaining ingredients, and simmer until soup is just to light, at least one hour longer. Serves 6 or 8.

## BLACK BEAN SOUP

Another delicious soup is this South American one that is becoming popular in the United States. Here are two very different recipes for this soup. I can't really decide which I like best, so I'm offering them both.

Whichever you choose to make, garnish it with chopped green

onions, and serve with sherry wine, lemon wedges, and sour cream on the side, to be mixed into the soup according to your guests' individual tastes.

## Black Bean Soup I

1 ½ cups dried black beans  
8 cups beef stock  
1 stalk celery, chopped  
4 whole cloves  
¼ cup tomato purée  
ham or beef bones  
1 large onion  
1 diced carrot  
1 bay leaf  
salt and pepper to taste

Cover the beans with water, and soak overnight. Rinse with cold water and drain.

Place the ham or beef bones in a large saucepan with the beef stock, onion, carrot, celery, cloves and bay leaf. Bring to a boil.

Add the beans, and simmer until the beans are mushy. Remove bones and bay leaf. Sieve soup, or puree in an electric blender. Return to soup kettle and add tomato purée.

Season to taste with salt and pepper. Reheat and serve.

## Black Bean Soup II

1 cup dried beans  
1 can pureed pumpkin  
1 onion, thinly sliced  
3 tablespoons tapioca flour (may substitute powdered arrowroot)  
2 quarts beef stock  
salt and pepper to taste  
¼ cup tomato sauce  
2 tablespoons butter

Soak beans overnight. Rinse with cold water and drain. Cover beans with beef stock, and cook until beans are tender. Add pumpkin, onion, tomato sauce, salt and pepper, and simmer for one-half hour. Strain or puree. Add tapioca flour and butter, and reheat.

# Hard-boiled eggs nice many ways

AP — You can store hard-boiled eggs in the refrigerator for up to 7 days, and they'll be fresh for those dishes.

1. Tex-Mex Sandwich Filling: Stir taco seasoning mix into egg salad (1 tablespoon for every 3 eggs) along with a little sliced green onion and chopped tomato.

2. Eggs Benedict: Top a toasted English muffin half with thinly sliced ham, 2 hard-cooked egg halves and hollandaise sauce made from a sauce mix.

3. Green Bean-Egg Casserole: Stir 3 chopped hard-cooked eggs into the green bean-mushroom soup mixture. Top with crumbled cooked bacon.

4. Sunbeam Salad: Add chopped hard-cooked egg white to potato or pasta salad. At serving time, slice egg yolks and heap in center of salad.

5. Scotch Eggs: Shape ground turkey sausage around hard-cooked eggs. Roll in beaten egg, then in crushed rind round cracker crumbs. Bake in a 375-degree oven 25 to 30 minutes. Serve warm or cold with chili sauce.

6. Chef's Salad Dressing: Stir a finely chopped hard-cooked egg and a thinly sliced green onion into a mixture of half sour cream and half mayonnaise thinned with a little milk. Serve over vegetable salads.

7. Pita Breakfast Sandwich: Cut a pita in half crosswise; line each half with a thin slice of fully cooked ham. Stir together 1 chopped hard-cooked egg, 1 tablespoon dairy sour cream and 1 teaspoon prepared mustard. Spoon egg mixture into pita halves.

8. Tuna-Noodle Bake Plus: Stir 2 chopped hard-cooked eggs and 2 tablespoons chopped pimiento into your tuna-noodle casserole.

9. Fritatoes and Eggs au Gratin: In a 1½-quart casserole, combine 3 cups sliced cooked potatoes, 3 sliced hard-cooked eggs, 1 cup shredded cheddar cheese and 1 envelope sour cream sauce mix prepared according to package directions. Top with buttered bread crumbs and bake in a 350-degree oven about 40 minutes.

10. Green Vegetable Garnish: Top buttered cooked asparagus, broccoli, spinach or greens with chopped hard-cooked egg.

11. Devilish Eggs: Prepare deviled eggs, adding 2 tablespoons of any of the following to 6 mashed hard-cooked egg yolks: ¼ cup mayonnaise or salad dressing and 1 teaspoon prepared mustard; crumbled cooked bacon, finely chopped ripe olives, finely chopped pimiento-stuffed ol-

ives, canned chopped green chili peppers, thinly sliced green onion or drained sweet pickle relish.

12. Pickled Eggs: Place 12 shelled hard-cooked eggs in a large bowl with 4 cups water, 1 cup of juice from canned pickled beets, 1 cup vinegar, 1 clove garlic, 2 teaspoons pickling salt and 1 bay leaf. Cover and refrigerate 3 to 4 days.

# Creamed vegetables are easy

AP — Here's a shortcut that lets you fix creamed vegetables in half the time it takes to make a flour-thickened white sauce. Just stir reduced-calorie, soft-style cream cheese, a little milk, and seasonings into the vegetable and heat.

## PEAS AND ONIONS AU GRATIN

One 16-ounce package loose-pack frozen peas and pearl onions  
2 ounces reduced-calorie, soft-style cream cheese (¼ cup)  
2 tablespoons milk  
¼ to ½ teaspoon cracked black pepper  
1 clove garlic, minced, or ¼ teaspoon bottled minced garlic  
¼ cup herb-seasoned croutons

In a medium saucepan cook vegetables in small amount of boiling water, covered, for 3 to 5 minutes or until just tender; drain.

Stir in cream cheese, milk, pepper and garlic. Cook 2 to 4 minutes or until heated through, stirring frequently.

Transfer to serving bowl; sprinkle croutons on top. Makes 4 servings.

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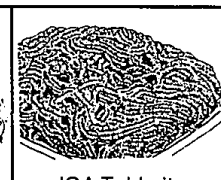
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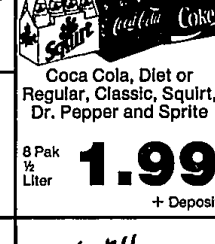
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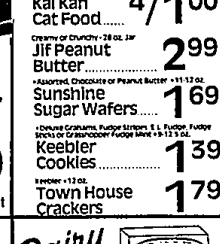
IGA Tablette  
Blade Pork  
Steaks

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Blade Pork  
Steaks

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Blade Pork  
Steaks

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IGA Tablette  
Blade Pork  
Steaks

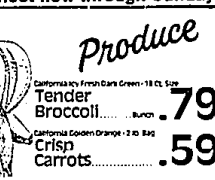
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IGA Tablette  
Blade Pork  
Steaks

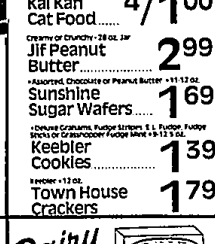
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